

***Delaware Speedway
Youth Road Race
Monday May 23rd, 2016***



**Technical Guide
Version 1.2 – April 29, 2016**



**Sanctioned by the
Ontario Cycling Association**

General Information

Youth Cup Road Race (650m per lap)

- Road race will run counter-clockwise
- The race clock will be replaced with a “laps to go” at the Chief Commissaries’ discretion.
- All riders will finish on the same lap.
- The winner of the race will be determined by the final sprint.

Youth Cup Individual Time Trial (650m per lap)

Cadet, Minime, Pee Wee then Squirt divisions will start at 30 sec intervals.

Time trial will run clockwise. Start on pit road near corner #1.

Results will be posted at the Registration Area 20 minutes after the last rider is finished. While every effort will be made to start the races as advertised, delays can happen. All riders should be ready to race at least 15 minutes before their advertised start time. Races will not be delayed for late riders.

Registration Information

- Online registration is available at www.ontariocycling.org closes Friday May 20th at Noon.
- Sign in for pre-registered riders will be available up to 30 minutes before each race.
- All riders must sign in at registration to receive race number and race package.
- Cost \$35.00
- Youth Cup Requirements: UCI License, Citizen Permit, or OCA Club member.
- PRE-REGISTRATION ONLY

****Race Day Preparation****

- 7:30am - Gates Open for race set up.
- 8am - Racers to Pit road from back gate
- 8am Registration starts (Cadet & Minime)

Note: No vehicles will enter the back gate while races are taking place!!!

- 8:59am back gate closes, until Cadet (M) Race finishes (9:50am)
- 9:51am back gate opens for Minime (W) all PeeWee & Squirts.
- 9:59am back gate closes, until Mimine (M) Race finishes (10:40am)
- 10:41am back gate opens for PeeWee & Squirt Athletes.
- 12:45pm - Time Trial Begins

Category	Start Time	Distance	Entry Fee
Youth Cup Road Race			
Cadet Men	9am	50 minutes	\$35.00
Minime Men	10am	40 Minutes	\$35.00
Cadet & Minime - Girls	10:50am	35 Minutes	\$35.00
Pee Wee then Squirt	11:30 am	30 min – 20 Min	\$35.00
Youth Cup Time Trial			
Cadet Men	12:45pm	6 Laps	
Minime Men		6 Laps	
Cadet then Minime Girls		4 Laps	
Pee Wee then Squirt		4 Laps	
Podium Presentation while other races are finishing			

Course Map



Suggested Time to arrive: (pit gates will be closed to all vehicles during each race).

Cadet & Minime Boys: 7:30 – 8:45am

Minime & Cadet Girls: before 9am or at 9:45am.

Pee Wee & Squirt (Boys & Girls) before 9am or 9:45am or 10:30am.

If you are unsure, what time to arrive, email: goody2112@hotmail.com

- This is a closed course. The track is a 50+ feet (4 + car lanes) wide loop ideal for Bicycle Racing.
- The turns are gradual and safe. There is no elevation change.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. If the race is cancelled, refunds will not be made.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you are no longer racing.
- You are required to wear an approved, regulation cycling helmet at all times while astride your bike, from the moment you arrive at the race until you leave.

General Event Rules and Regulations

- The races will be held under the rules of the UCI with CCA and OCA modifications.
- The CC & OCA rules are available on-line at:
<http://www.ontariocycling.org/commissaires/commissaires-rules/>
- The penalty scale of the OCA rulebook will be applicable.
- Registration closes 30 minutes before the start of each race.
- Warming up on the course is not permitted.
- All riders must sign on at registration.
- All foreign licensed riders other than U.S. riders must produce a letter of permission from their country's federation.
- An OCA representative will be present at the race to assist with rider licensing issues. Citizen Permits will be available from the OCA. There are no plans to sell UCI licences on race day. Please contact the OCA for more details.
- Races will start promptly at the indicated start times.
- There will not be a team managers meeting.
- There will not be any team vehicles permitted on the course.
- **Any rider dropping out of the race shall immediately notify a commissaire.**
- Riders who are dropped from the main bunch must proceed at their own risk and should always, when possible, ride on the right side of the road with the flow of traffic.
- Awards will be presented according to the published schedule. Top-5 finishers are required to attend award presentations or risk forfeiting their awards. Riders must wear their competition uniforms for the presentation.

Specific Course Rules

- As this is a criterium race, riders will be given free laps for mishaps (**e.g. crashes, punctures and being held up behind a crash**).
- **Improperly maintained bicycles resulting in equipment failure is not considered a mishap.** Riders suffering mishaps shall head to the designated pit area via any means other than travelling backwards on the course, report to the Commissaire, and make repairs. At the direction of the Commissaire only, riders will be allowed to resume the race at the same location in the pack where they had their mishap.
- The pit will be closed when there is **5 Laps left in the race** from the perspective of the race leader. No more free laps will be given after this point. The Wheel Pit is located near the Start/Finish.
- There is no outside feeding allowed in this race

- Lapped riders may be pulled at the order of the Commissaires, either after being overtaken or just before being overtaken. Otherwise, lapped riders must remain separate, even when being overtaken by riders in their own group.
- If two or more riders overtake the field and remain there after there is less than 5km left in the race from the perspective of the race leader, the overtaking riders may be sprinted separately from the field. Instructions on this process will be given by the Commissaires.

Equipment

- The wearing of an approved helmet is mandatory.
- Cycling gloves are strongly recommended.
- The participants are encouraged to ride on a road-racing bicycle however other suitable bicycles may be utilized.
- No aero bars, time trial bikes, or other “aero” equipment are permitted.
- All equipment must be in good repair, have adequate tires and operating brakes.
- Warm-up ideally to be completed on trainers.
- Racers be careful during staging and warm-up.
- Traffic will be restricted, gate marshals will be on site.

Gear Restrictions will be in effect

Last season the OCA introduced new rules restricting the gears permitted in Youth Cup racing. “Roll out” will continue this year, and was introduced by the OCA to:

- To ensure a fair and equal competitive basis for all involved
- To limit the competitive advantage of athletes who mature early
- To increase the relative importance and thereby development of racing tactics
- To encourage development of technique and ability to produce power at high cadence
- To reduce the risk of overuse injuries

All athletes racing in the U17, U15, U13 and U11 categories will be rolled out at Cycling Canada’s distance of 7.12 meters.

Podium Protocol

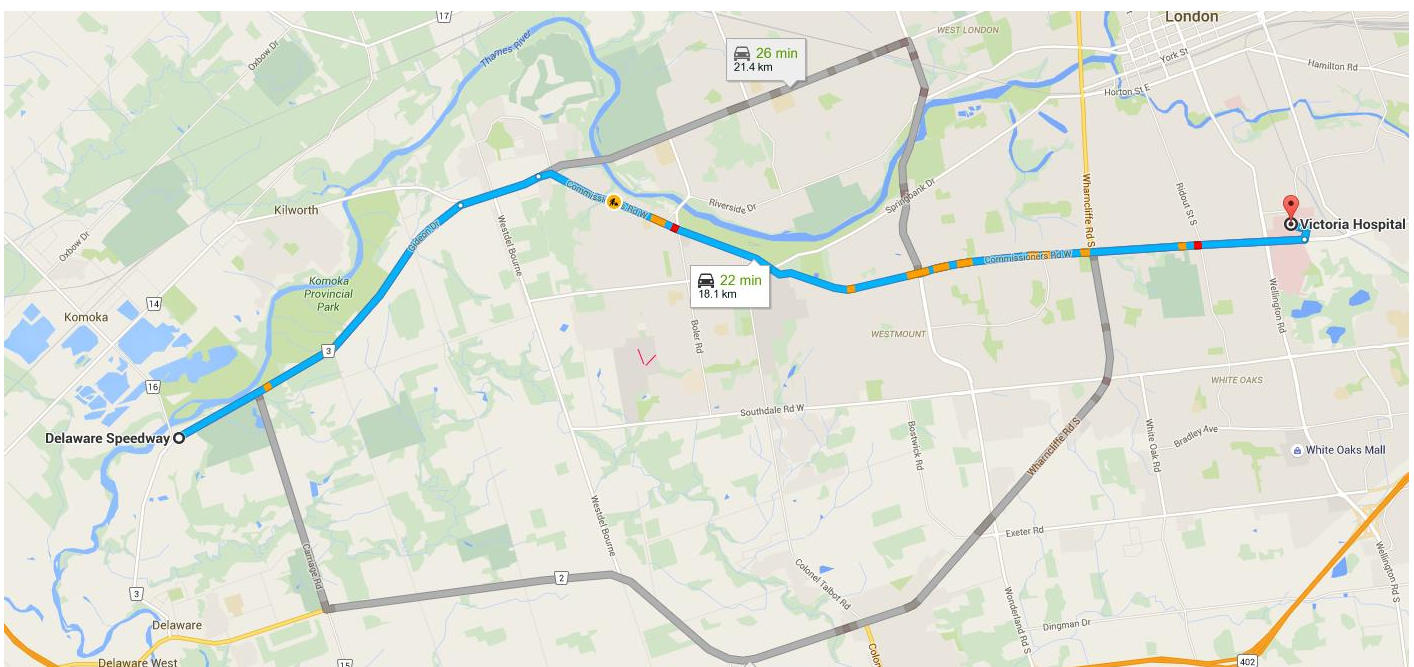
Ontario Youth Cup Series:

- Podium awards the top 3 finishers in all categories.
- All finisher of each stage will receive one point
- Ties will be broken by the highest placing in the Time Trial.
- Top-3 finishers are required to attend award presentations or they may be assessed a penalty. Riders must wear their competition uniforms for the presentation.
- Hats and sunglasses are not allowed on the podium

Directions to Nearest Hospital

Victoria Hospital

GPS: 800 Commissioners Rd East, London, ON N6A 5W9



Head northeast on Gideon Dr/County Rd 3 toward Carriage Rd
Turn right onto Oxford St W
Turn right onto Commissioners Rd W (signs for Commissioners Road)
Turn left onto Western Counties Rd
Turn Left
Turn right – the destination will be on the right

Directions to Delaware Speedway, Monday May 23rd 2016.

GPS: 1640 Gideon Drive, Delaware, ON, Canada N0L 1E0



From East of London:

Take Hwy. 401 westbound to Hwy 402 and head west.

Exit on Longwoods Road (old Highway 2) east to town of Delaware. Turn left on Gideon Dr. (at the Delaware Variety).

Delaware Speedway is approximately 3 km up on your right.

From Windsor / Detroit:

Take Hwy. 401 eastbound to exit 157. Head north to town of Melbourne.

Turn right at Longwoods Road (old Highway 2) east to town of Delaware Turn left on Gideon Dr. (at the Delaware Variety).

Delaware Speedway is approximately 3 km up on your right.

From Sarnia / Port Huron:

Take Hwy 402 eastbound to Longwoods Road (old Highway 2)

Exit on Longwoods Road (old Highway 2) east to town of Delaware. Turn left on Gideon Dr. (at the Delaware Variety).

Delaware Speedway is approximately 3 km up on your right